



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

December 2018

A Letter from Mayor Dave Wood



In the month of August, the City of Mishawaka was blessed with the task of hosting the Habitat for Humanity Jimmy & Rosalyn Carter Work Project near the corner of Byrkit and Jefferson in Mishawaka. President & Mrs. Carter, along with Garth Brooks and Trisha Yearwood, worked tirelessly beside volunteers from all over the world to build 23 homes in one week. I wrote about this epic event in the month of October. Since then, there is some exciting news that I'd like to share with you about the future status of this project.

I previously reported that Habitat for Humanity of St. Joseph County would purchase the remaining property adjacent to the site with the intent to expand the neighborhood. That did not happen. What did happen is the owner of this property saw the impact the project had on our community and decided to DONATE the remaining property that would accommodate about 40 homes. His only stipulation was that Habitat install a small, private park somewhere on the property. What a blessing indeed! It did not stop there. Jim Williams, CEO of Habitat for Humanity of St. Joseph County, received an unsolicited message from an anonymous individual congratulating the community on the success of the project and inquiring about future plans. Jim mentioned the recently donated property and indicated that it would take approximately \$2.7 million dollars to complete a phase II to add another 40 homes on the recently donated land, including all infrastructure costs. Fundraising was set to begin immediately. When this individual heard that, the anonymous donor said; "I will tell you what, if you keep my name anonymous, I am more than happy to DONATE the money for a third of this project; \$900,000.00." With this great news, phase II of the project has been slated for 2020 with another community build to take place in the City of Mishawaka.

Once completed over the next few years, the Fields at Highland subdivision will contain approximately 80 new, homeowner occupied homes on property that was previously unproductive and underutilized. Not all of the homes will be built by Habitat. Some market rate homes will be built by private builders and the high school building trades class may even build a few homes. The City is advising Habitat on the private park (to be built with funds donated to Habitat) to help them design a pocket park that will be a great community gathering place for the neighborhood. I can already envision this neighborhood, full of life with scores of kids growing up in a stable environment and calling the Princess City home. Who would have thought what started out as a brief "what if" conversation between the City and Habitat would ultimately result in a great, traditional, Mishawaka neighborhood containing 80 homes and hundreds of residents. I will never be more proud of a project in my entire life as I am of this one.

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Color Your Diet Healthy with Fruits and Vegetables!

Health Information from Saint Joseph Health System

Fruits and vegetables come in a variety of colors, and each of those colors is caused by powerful compounds that deliver healthy benefits. Paint a vibrant picture on your plate and boost your health by dipping into nature's colors at every meal.

- **Orange and yellow** — contain carotenoids, the most well-known being beta-carotene. This is a precursor to vitamin A that promotes healthy skin, mucus membranes and skeletal tissue. Found in foods such as carrots and sweet potatoes.
- **Red** — contain antioxidants called anthocyanins, found in foods such as beets, red cabbage and wine. Lycopene is found in tomatoes, which also contain vitamin C and potassium. All help prevent prostate cancer.
- **White** — contain polyphenol compounds with antioxidant properties called anthoxanthins that may help reduce risk of heart disease and cancer. Garlic, onion, leek and chives also contain alliin, which reduces high blood pressure risk, and organosulfur, which fights cancer. Cauliflower and turnips also contain glucosinolates, which may protect against cancer. White beans also offer protein, fiber, B-vitamins, potassium and iron.

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UPCOMING EVENTS

Dec 1	Holiday Craft Fair (Battell Center)
Dec 7	Holiday Fun Night Movie - "The Grinch" (Battell Center)
Dec 8	Winterfest (Merrifield Park)
Dec 8	Ice Rink Opens (Merrifield Park)
Dec 20	Brunch and a Classic Movie - "The Holiday" (Battell Center)
Dec 24 - 25	Christmas Holiday City Offices Closed
Dec 31	New Year's Eve Celebration (Merrifield Complex)
Jan 1	City Offices Closed

FRIGID FAMILY FUN 5K

Jan. 19, 2019 - 10:00am
Central Park

Registration:

Early-Bird (by Dec 14) \$20
Late (by Jan. 4) \$25

To register, contact the Parks Department at (574) 258-1664 or visit the online portal at

https://sales.mishawaka.in.gov/ParksRec_Live/Home

You can also register the day of the event.

ONLINE ACCESS

	http://mishawaka.in.gov
	http://facebook.com/cityofmishawaka
	http://mishawaka.in.gov/communicator
	http://mishawaka.in.gov/parksandrecreation
	https://twitter.com/MishawakaMayor
	https://instagram.com/MishawakaMayor/

A Letter from Mayor Dave Wood *(continued)*

As I've said before, the Partner Families are the reason we build. Most of the 23 families are in their homes by now and the rest should be in by the end of January, 2019. They are thankful and humbled by this community that has circled around them, sweated and cried with them, and welcomed them with open arms to be part of the City of Mishawaka.

Here are some things a few of them have had to say about their experience:

"My home means no more moving and no more paying high rent for something I will not own at the end. I partnered with Habitat because of my boys. They will never have to experience moving from place to place or adjusting to new neighborhoods or schools. My boys will grow up in a beautiful home and neighborhood. Partnering with Habitat has been an amazing experience. I loved working on site with the construction crew and volunteers, they are the ones who make my house a home. My partnership with Habitat has made my biggest dream come true."

"During the Carter work project, I have observed a lot of different emotions. I have seen hope in the hearts of the homeowners. I have seen enthusiasm in the hearts of the volunteers, who took their own time and efforts to make this happen. And everywhere I looked, I felt the spirit of love and care. It was an amazing feeling. To me and my son, a home is a magical experience. It means stability, because there will not be any more moving for us. It means happiness, because we have something that belongs to us."

"A Habitat home is a new chance, something that I never thought I could have. Habitat for Humanity has given that to us, and for this I am so thankful."

"It means my kids won't have to walk away from their memories.....it means a home; something that they can be proud of and so that they can be proud of me."

Carter Work Project, 2018

- By The Numbers -

23	new homes in Mishawaka
6	new homes in South Bend
1	major rehab in South Bend
11	owner occupied repairs
40,856	volunteer hours toward the CWP
1,127	local volunteers
584	out of town volunteers
15	international volunteers
6,511	sweat equity hours completed by future homeowners



Color Your Diet Healthy...! *(cont.)*

Health Information from Saint Joseph Health System

- **Blue and purple** — contain a powerful antioxidant called anthocyanin, which may protect against cancer and heart disease. Sources include blueberries and eggplant.
- **Green** — contain chlorophyll, and some such as broccoli and Brussels sprouts contain sulforaphane, which can help reduce risk of certain cancers. These foods are also high in vitamin C to strengthen the immune system.

To learn more, visit <http://www.thiscounts.org>.

Code Enforcement Reminder

Winter is now upon us and snow accumulation on sidewalks is a specific hazard to children and the elderly. Sidewalks are considered a public right of way and there are many people who utilize city sidewalks every day.

According to City Ordinance, snow on sidewalks must be shoveled within 24-hours after each snowfall. This ordinance is enforced by the Code Enforcement Department of the City of Mishawaka.

Also, please be mindful of your neighbors who may be elderly or physically unable to shovel their walks and drives.

An act of kindness goes a long way!

Mishawaka Organic Center Closed for Season

The Mishawaka Organic Center will close December 10th and reopen April 2019. You may take your Household Hazardous Waste to the South Bend location at 828 Kerr Street, South Bend. Questions can be answered by calling (574) 235-9971.

BATTELL CENTER YOUTH ACTIVITIES

Soccer **1/16 - 2/16/19**
\$35 per child, includes t-shirt Register by Jan 1
This five-week program will be separated into 2 leagues: 3-4 year olds and 5-6 year olds. Practices will be on Wednesday evenings at the Battell Center with games on Saturdays.

WINTER SKILLS CLINICS

For children ages 3-8. Participants will be divided into two age groups - ages 3-5 and 6-8. Cost is \$10 per child.

T-Ball	1/13, 1/20, 1/27
Register by Jan 10	
Basketball	2/3, 2/10, 2/17
Register by Jan 31	
Soccer	3/3, 3/10, 3/17
Register by Feb 28	
Tennis	3/24, 3/31, 4/7
Register by Mar 21	